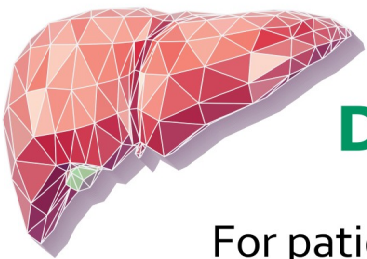


July

# Disease Management

## What is Disease Management?

- ▶ Disease management teaches patients how to manage a chronic disease by minimizing/preventing the effects of the disease.
- ▶ Through disease management, patients take responsibility for their care and understand what it takes to care for themselves.
- ▶ It involves avoiding problems that could exacerbate their health conditions further.
- ▶ Through self-care, health of the patient can improve along with reduced costs of avoidable complications.
- ▶ 44% of Americans with chronic conditions account for 78% of the health care costs in the United States, which can be decreased through effective disease management.



## Disease Management And Your Liver

For patients with cirrhosis, there is no cure except for liver transplantation.

Liver disease management involves lifestyle changes, compliance with medication regimens and regular visits to your physician.

### Doctor's Tip

As with many chronic or long term medical conditions, patients should maintain regular visits to their physicians, adhere to medication regimens and consider lifestyle modifications under the guidance of a physician to manage disease symptoms.

- Dr. Pranab Barman, Northwestern University

